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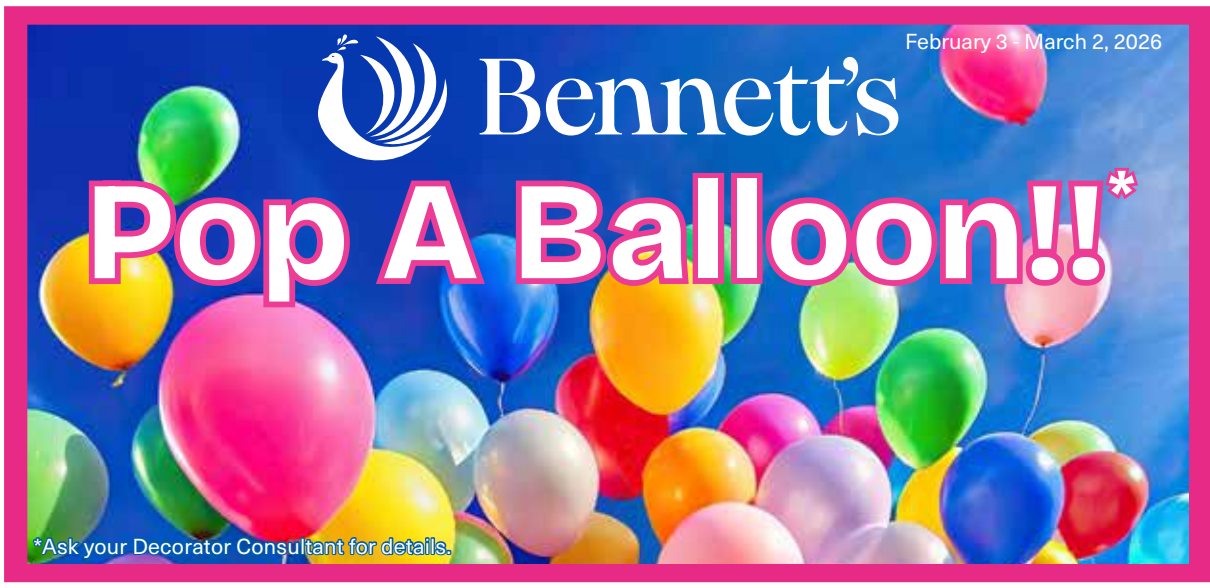
Fantastic Freddie
A new student joins the class
on page 2

Music Notes
Welcoming Greg Roe to our papers
on page 5

Mindful massage
Meet Jackie McChesney
on page 7

The annual Snowball Festival in Dorset is set for this year for the Family Day weekend. Axe throwing is a popular event for participation. /FILE



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FREDDIE: *Numbers*

DEB REED
Wind in the Attic

FREDDIE HERE. They call me *FINANCE FRED.* Actually, I made that up. But I've loved math and money since I was six. It all started on the Monday of the May long weekend. My brothers put card tables at the end of our driveway since we baked way too many cupcakes. One brother suggested we try selling the extras. We used the same strawberry and chocolate cake mixes, but added different frostings and decorations. If we sold every cupcake for a dollar, we'd make sixty bucks! We'd split the earnings, and get $20 each. It was actually me who figured out the numbers. I taught myself to count by twelves. Our family raised chickens. Filling egg cartons showed me what a dozen looked like. Muffin pans too.

Success! We did it! Sold out in 4.5 hours! No cupcake had a chance to get stale. And we didn't sneak a single bite while we sat there right through lunch. I was so happy that day, talking to neighbours who kept asking or telling me stuff like *I love your curls!*, or *did you make these from scratch?*

I'm the youngest brother, and I'm now 9-going-on-10. We've done three years of baking *Victoria Day Cupcakes,* and there's only one more pop-up sale next spring. My older brothers want to help run my parents' farm store instead. I don't feel like baking and selling all by myself. One day, I'll join my brothers in the store too.

I've saved every coin from all my chores and cupcake money. I decided to look extra cool for school. So I jumped in the truck, and Dad drove me to town for a professional haircut just before the start of Grade 5. I even called three weeks ahead for an appointment. I could have let Mom use her kitchen scissors as usual, but I wanted a *taper fade* this time, and she's not quite sure what to do. I've wanted that style since Grade 4, so now I'm going to get the real thing. Maybe sunglasses, too.

First day of school was awesome. New haircut, new clothes, new shoes, interesting new teacher, and a new grade. Coupla new kids. The playground even has some new equipment. There's a shiny tetherball pole, and a climbing wall with a big rope web coming down one side. The Primary pavement has two more hopscotch zones. My favourite schoolyard bonus is a 30-square *Snakes and Ladders* game board that's been stencilled in different colours right onto the concrete! My brothers were secretly asked to help paint it, and a teacher friend of our parents offered to buy materials. He asked permission, researched some ideas, then used a computer to design all the graphics. Was I ever surprised!

We use our own ball caps to mark where we land. I love the big foam neon dice we get to borrow from the office. And I love all the counting we do to climb up ladders and slide down snakes.

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Ice holes explained

STEVE GALEA
Beyond 35

I WILL be the first to concede that my hearing isn't as good as it once was. Despite this, I am reasonably certain I heard a passing ice angler whisper a complimentary remark about the quality of the holes I was fishing through.

I believe his exact words were, "Would you get a load of that ice hole!"

I won't lie. Upon hearing those words, my chest did swell up with pride.

After all, you can tell a lot about an angler by the size and quality of the hole he drills through the ice.

For instance, if you see an angler fishing over a small hole, you're looking at a person who has low expectations about the size of the fish he or she will catch. And, if you see someone fishing over a big hole, this is an angler who is far more optimistic about the size of the fish they expect to catch. Finally, if you see a person hunched over a trough cut in the ice, you are looking at an angler who has totally unrealistic expectations about fish, or who has just lost his snowmobile.

There is also a lot of information that the practiced eye can glean from the number of holes an angler drills and how they are located too.

If an angler drills a long line of holes extending out into the middle of a lake, observers will immediately know that this is an angler who understands he or she must fish various water depths until they find where the fish are hanging out. Conversely, if you see and angler who has perforated the ice with a circle of holes around their hut, you know that you are looking at a person hoping to create their own ice floe, so they can troll.

Lastly, if there are hundreds of random holes throughout the lake, you know the fellow just got a new power auger.

The point is that holes are a very important part of ice fishing. In fact, before they were invented, ice fishing success rates were very low.

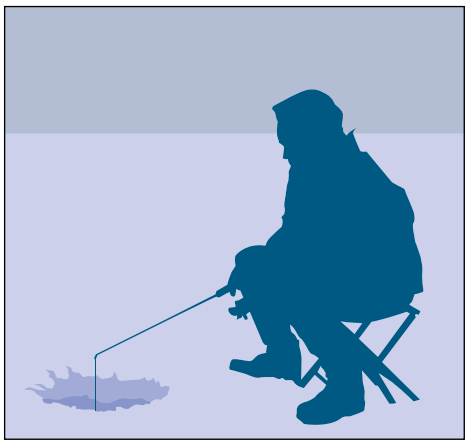
It's more than that though. The ice hole is the portal that connects two worlds – that of the fish and that of the fellow who has not yet found anything better to do in winter.

Some people might also be surprised to hear that a bit of skill is required to drill a hole through the ice. And people tend to get better with practice.

For instance, you can easily tell a novice from a veteran ice angler by how quickly and efficiently they drill a hole. The novice is the guy who takes much longer to drill a hole, and the veteran is the guy who remembers to take the blade cover off.

Also, if two anglers are fishing together, you can instantly figure out who the more experienced one is. That's the person who is drinking a coffee and watching the other guy drill a hole.

In any case, on the day I previously mentioned, I was happy to be given credit for my ice fishing ability and experience. It was good to be recognized as proficient by other ice anglers. Though, between you and me, I can't for the life of me figure out how those guys got on my ice floe.



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It's everywhere: an overture

GREG J. ROE
Music Notes

THIS IS the first in a series of monthly columns that will deal with the subject of music. It is an overview of what is to come ... let's call it, an "overture." The philosophy behind the columns is that music is an integral part of life; it is everywhere. Yet, while it is everywhere, the degree that it integrates into someone's life can vary dramatically, ranging from very little to all encompassing.

I hope that the column will both entertain and inform the reader, maybe even leading to further inquiry on their part. Topics will be eclectic and broad ranging. One month we may look at James Brown and the next Johann Sebastian Bach. It will range from Pavarotti to Presley, and anything in between. It won't be limited to names or personalities, however. Philosophy, trivia and musical peculiarities will also be looked at and topics will range from the global - maybe even universal - to the local.

As you are reading this, stop for a moment and ponder what affect music may have had on your day already. Is there music playing right now? Did you have trouble sleeping last night because of that tune that kept running through your head? Has nature provided you with any music today? Can you hear the waterfall or river outside your door? Don't ponder too long though, or you may not hear the kettle "whistling" on the kitchen counter! Musical genres, and there are many, will also be up for scrutiny. We may talk about a specific genre, like classical, or look at the blurry lines that separate them. Was that a country tune or a rock and roll tune ... maybe country rock?! Every culture has its own, unique and distinct musical culture, and they can range from the deceivingly simple to the extremely complex. This is part of what makes music such a universal thing.

A number of years ago I had the good fortune to be in a dugout canoe in the headwaters of the Amazon. In the canoe were two Huarani men, an Ecuadorian national and two Canadians. The talk turned to music and we all decided to sing a song that we felt was representative of our country. We, the Canadians, sang *Four Strong Winds* and did a fine job, I must say! It was a very interesting experience and definitely pointed out the importance of music to all of us, despite our diverse life experiences. In short, it was magical.

Music can be very persuasive and advertisers and retailers know this, and try to use it to their advantage. Interestingly, as well, music can be used as a "weapon." How do we get those annoying teenagers (just kidding, of course) to stop hanging around the mall? Let's try bombarding them with classical music! Apparently it has been known to work. The possibilities are endless.

In Haliburton we have a fabulous arts community and music is a large part of that. There is a very active folk society, and a number of open stages, and any number of musical groups and individuals that play regularly in the county and represent all musical genres. In short, music is everywhere.

I am looking forward to future columns and hope the readers will too. I'll end this one by paraphrasing a quote from Aldous Huxley. "After silence, it is music which comes the closest to expressing the inexpressible." See you next month and "keep your ears open."

Greg Roe hosts "It's Only Rock and Roll", alternating Fri- day nights, on 100.9 CanoeFM, your volunteer community radio station.

Remembering a friend

TERESA JORDAN
Community Living Contemplations

THIS WEEK marked the passing of a former staff of Community Living. Those of us that worked with her have shared memories together and mourn her passing. Marnie was a complex person that had such an adventuring life.

Married to a diplomat in her first relationship, she was well travelled, she was an administrator of a school in Nunavut, she lived for years in the Northwest Territories and regaled us with stories of her life there. When I met her, she was living in Fenelon with her best friend and husband Greg and a constant wonderful group of dogs.

Marnie worked at a community home, and her very presence was calming, wise, centering and impactful. While her presence also usually meant that cold coffee and an English muffin with peanut butter long forgotten was also constantly present. Her laugh was infectious and she loved to make things fun.

On a day where we decided as a team to do a Julia Roberts movie fest, she arrived first thing in the morning dressed as Roberts in *Pretty Woman*. For me this week, I think all of us that knew her have realized the huge impact she had on our lives that perhaps we hadn't realized while she was walking the earth with us. For me also, I reflect on this huge life that she had, that she travelled and took on the rugged living of the far north and through it all her focus never wavered from her family, community and much loved pets.

She had these extraordinary adventures, but when I met her, she was living a quiet life in a small community, making a huge difference in her role and inspiring almost without meaning to. Sometimes,I think we get awestruck by those that have high profile, glamorous lives in exotic places. However, as Marnie's legacy will attest, inspiration comes in all forms and can certainly hail from a small life in a small community, where a person carves a path of connection.

Marnie made an impact and an impression, and left a whole bunch of us wishing we had told her. And so here is another reminder that we should just blurt out the awkward stuff when we think of it, tell people that they are great, tell them how they inspire you, take a minute to show how much we appreciate another. I know that we may think there is time or perhaps a special occasion where we can offer our admiration. Let's make any old day that special occasion and say the things we want to say to those who inspire and lead from where they are.

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Love is all around

UP UNTIL recently, the state of Minnesota meant very little to me.

As a Canadian, it was not a destination I had on my bucket list, but I did end up traveling there for work when I was wearing a different career hat, and spent a few days in Minneapolis.

I didn't have a lot of spare time during my visit, but I spent some early mornings wandering the streets before work, keenly observing the dangling banners of red, white, and blue in quaint store windows and antique shops.

EMILY STONEHOUSE
County Life Editor

There was only one thing I had any real interest in seeing during my time in Minneapolis: the statue of Mary Tyler Moore.

While I grew up in the 1990s, the TV in my house was always dialled back to vintage shows. I found comfort in *Bewitched, I Dream of Jeannie*, the *Brady Bunch*, and *Gilligan's Island*.

But my absolute favourite, and most likely the reason I am in the world of journalism, was *Mary Tyler Moore*.

In the show, Mary played an upbeat, single, 30-something woman, trying to find her way in the world. She lived in a cozy apartment on the top floor of an old Victorian house in Minneapolis, and worked as a television producer for the six o'clock news.

And while the show pre-dated my existence by two decades, it showcased characters and storylines that hadn't been spoken about before. A single woman who (gasp!) wasn't exclusively written to find a love interest. Conversations around (gasp!) workplace discrimination, same-sex marriage, pre-marital sex, infertility, drug addictions, and death were neatly woven into the plots. Characters who (gasp!) showed real emotions, tenderness, vulnerability, and empathy, who were both male and female.

It was unlike any show that had been made before. It still stands the test of time, as I go back and watch reruns on YouTube when I am feeling down. The show starts with a song sung by Sonny Curtis, and says; *Love is all around, No need to waste it, You can never tell, Why don't you take it? You're going to make it after all.*

Then Mary perfects the iconic twirl and hat toss into the air. We all know it. I'm sure many of us have tried to replicate it.

Mary put Minnesota on the map. And not just as a setting on a comfort sitcom, but as a place of inclusion, openness, diversity, and kindness. She exuded that in her storytelling, and pushed forward the notion that love is all around us.

Minnesota has been in the spotlight for different reasons these days. It's been the destination for U.S. Immigration and Customs Enforcement, also known as ICE. While immigration is a department that requires some level of understanding, the current president feels that all immigrants, regardless of paperwork or legality, deserve mistreatment.

Minneapolis has become a hub for these raids. Small children have been separated from their families, seniors ripped from their homes. In protest, many are standing up against ICE. So far, at least two have been murdered for caring. Alex Pretti was an ICU nurse, who stepped in to protect a woman who was thrown onto the ground. Alex was beaten to death by ICE agents on the streets of Minneapolis before he was shot in the head six times.

Renee Good was a mother, a wife, and an advocate for human rights. She had just dropped her son off at school, when she was stopped in her car by ICE agents. Her last words to the agent were "it's okay, I'm not mad at you," before she was shot in the head.

These both happened over the past few weeks. There will likely be more.

It's a terrifying time to be a person who cares. To be someone who prioritizes people over power, kindness over cruelty.

Whenever I saw Minneapolis in the news, I thought of Mary. I wasn't going to write about the correlation, until I noticed that we had inched past Mary's death date. On January 25, 2017, Mary died at the age of 80.

When I saw her picture, celebrating her life, I took that as a sign to share. That even in the days that seem dark, in the times that seem scary, we have to find the light. Because deep down, so very deep down, love is all around us.

And I promise, through grit and grace, we're going to make it after all.

Top 10 ways to things that don't go well with a spaghetti dinner

I'M NO different than anyone else. I love a good spaghetti dinner. And, though I am not Italian, I understand a little about the etiquette and limitations of a proper spaghetti dinner. There are things that go with a spaghetti dinner and things that do not. Here are the top 10 that do not.

STEVE GALEA
Humour Columnist

1. Lemonade
2. A roller coaster ride.
3. Chop sticks.
4. Babies without bibs.
5. Barbecue grills.
6. Straws.
7. A high-speed blender.
8. Skydiving.
9. Driving with the top down at high speed.
10. Three romantic dogs, one strand.

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Blues

Sickle Moon slicing through the blue of Sky, deepening to dusk,
the higher it rises over the road, the sharper its blade of light, brighter than the prick of star gleaming above it,
hues of blue painting pieces of Sky, my eyes turning upward as I walk, to drink in all the shades,
the Moon dangling up there like a lopsided smile, accompanying me on this last mile, along the curve of road,
the pines drooping from the weight of Snow, birches standing between them,
these pillars of light, pale as the Moon,
scraps of skin dangling from their trunks, I wonder whether they feel the cold more than other trees,
pausing in the middle of the road to admire a white bungalow, blue lights dripping rom its eaves,
bathing Snow,
a feeling of nostalgia flowing through me, beneath my layers of winter armour, stripping away years,
a longing gripping me, for something that's no longer there, Air, sharp as the sickle Moon's light as I inhale,
staring at the white bungalow, reminding me of the one that cocooned me growing up,
even the evergreens look the same, flanking the porch steps that have been swept of Snow,
the glow of blue lights, magic to a child's eyes, as they clomp their way Home from the tobogganing hill
or skating rink across the street, blinking at all the blue dripping from the eaves, as dusk deepens Sky,
my eyes remembering as I linger in the middle of the road, drinking in the memory of the bungalow
that was bulldozed a year ago, along with the evergreens that fringed the backyard,
wondering where the lights will be strung up now, in a Home that's no longer there,
just a patch of frozen earth buried beneath Snow,
I blink up at the blade of Moon slicing through the indigo blue that blankets the white bungalow,
fringed by evergreens,
wondering whether anybody found the cigar box buried beneath the goldenrod bush,
containing an old tennis ball and dog collar and a letter written to the collar's owner,
telling him how much he is missed,
I turn my coat collar up against the sudden gust of Wind, that slices through me,
scattering the memory like snow dust off the evergreens, my eyes drinking in the magic of blue lights
one last time,
before I turn to walk down the road, dusk painting Sky the colour of my longing that flows through me
beneath my layers of winter armour, shielding me from the cold,
unable to muffle the quiet voice inside me, as I clomp my way through the Snow, murmuring, go Home..

Sylvie Kalenda

Jackie McChesney's Integrative Thai Massage

JERELYN CRADEN
County Life Contributor

AS AN ardent fan of the healing arts, I am forever drawn to and appreciative of those whose talents, passion, and commitment are to heal people.

Enter – Jackie McChesney, Haliburton-based certified integrative body worker, who has taken massage therapy to the next level. Her Integrative Thai Massage, using Japanese and Chinese modalities with traditional Thai massage at its core, expands the range of healing benefits from stress reduction, lessening of pain and muscle tightness, increased relaxation, and strengthening of the nervous system to: "It's a life changer," "freeing, empowering", "helped me get my life back."

So, when did it start, her passion to help others reduce stress, lessen muscle and joint pain, balance their nervous systems and get the body/mind connection unstuck and flowing?

As a child, McChesney studied dance with Elizabeth Patterson, world renowned examiner, at the Oakville School of Dance. Her innate talent and love of dance led to teaching pre-primary ballet to Grades 1 to 3, when she was just a teen.

"When I was 24," McChesney said, "a group of us formed Open Space Studio in Guelph Ontario where I met my friend and teacher Katrina Von Rediki. She had been studying Japanese Butoh dance and brought these teachings to our new community. "

Japanese Butoh emerged after WWII and was characterized by slow, hyper-controlled movements that explored deep human emotions, the body's potential, and creating a unique visual language of intense expression.

"In standard dance like ballet," McChesney said, "we train with pliés and tenu to strengthen our bodies. In Butoh, we start by warming and strengthening our bodies with Butoh manipulations which became my daily practice and which I started teaching to small groups around the province. It's partner/body work with your hands – moving the body, pulling the body, energy work swaying the body around."

"One day, a student asked if I knew what Thai massage was. I had never heard of it. But, after recognizing the similarities in the passive movement where I move your limbs around, open your joints, palm the energy channels in your body, I wanted to learn everything I could about Thai massage."

Within weeks, McChesney was enrolled in "every Thai massage course I could find in Toronto and Montreal. I was taking as many classes as I could. Then, I became certified through Lotus Palm School and trained in Montreal with its founder, Kam Thye Chow."

That was thirty years ago.

During that time, McChesney studied all forms of healing massage, including Reflexology, Reiki, Somatic Release technique, traditional Chinese medicine and principles of Ayurveda – with a strong focus on bringing balance to the body, mind, and spirit.

Jackie McChesney has dedicated her life to learning multiple forms of healing and massage, and continues on her journey of growth. /Jerelyn Craden

"I use the energy channels of the meridian lines," McChesney said, "listen to their palpitations as I'm palming, then work on balancing that through the body, so any stagnation that's happening is balanced and released."

McChesney's Integrative Thai Massage sessions are normally ninety minutes (two-hour sessions can be arranged) and are always done in the comfort of your own home. When she arrives at your door, she brings way more than cushy pillows, blankets and a foam mat to support your body. She brings a dancer's experience and insight into how the body works and how to strengthen it, a body worker's understanding, knowledge and aptitude for integrating Japanese, Chinese and Thai healing techniques, plus the gift of caring intuition.

"Jackie is truly one of a kind," said Haliburton client, Lindsay Wilkinson. "I am a mom of four who also suffers from severe PTSD, so to say my body is constantly in a state of attack is an understatement. But, with Jackie's unique body work she not only relaxes my body, but she also resets my nervous system, allowing me to live the lifestyle I do!"

Another client, Pam Verstege, had this to say.

"I can't say enough good things about Jackie. I came to her with pain and discomfort that had been bothering me for two years. She intuitively found the areas that needed attention. Her technique is both gentle and deeply effective and she creates a calming environment. I noticed immediate improvement in my mobility and pain levels."

McChesney will travel up to an hour from Haliburton Village for a session. Typically, a client wears loose clothing during a session. There is some massage, some traction, some movement. And, regardless of a client's physical condition, she carefully helps them to a foam mat on the floor.

"Occasionally, you meet someone who has that extra je ne sais quoi," said Haliburton client, Laurence Follows. "I was not well. I went through a bad accident. I was in a tough place having to recover and Jackie came in and we did

> ***"The mind and body are so connected, that a physical release can cause an emotional release, leaving you with profound clarity."***
>
> — Jackie McChesney

some work together and it was the first time for me during this long healing process that I had such a strong feeling of hope. I knew I was going to be fine because of the way she works with you. You feel your own natural healing capabilities come forward. She leaves you empowered knowing you can take care of yourself, too."

McChesney shared more insight into her process,

"Myofascial release is slow and sustained stretching of the connective tissue around muscles and organs. Lengthening the tissue increases the range of motion as well as releases pain from knots, injury and scars and recovery from surgery."

She then spoke about her most dramatic session.

"A twenty-year-old client had grown up with a belief system in her family that never resonated with her. She felt like she couldn't be herself. Couldn't communicate with her own family. She couldn't even express words out of her throat – her throat chakra. She was so closed to everything that when I saw her, she couldn't eat, couldn't digest food. Her skin was a mess. She had no energy at all."

"I spent three hours with her, and she had the most profound release. I was moving energy through her body and opening all these channels and then she was coming alive on the mat. Right there on the mat she started talking about all the things she wanted that she had been suppressing. All the things she wanted to say and couldn't. The whole time I'm working on her – doing a lot of somatic emotional release work. I worked a lot with the chakras, meridians, energy channels, the somatic placement of things, all the anxiety that she had been holding in her stomach. It was almost like a miracle because, after three hours, she literally got off the mat and told me she felt like she was a completely different person and was going forward in life with everything she wanted to be."

"The mind and body are so connected that a physical release can cause an emotional release leaving you with profound clarity. If you can let your voice express the words – you are on the train track to healing."

Contact: Jackie.thaimassage@gmail.com, www.facebook.com/Authetic.Thai.Massage

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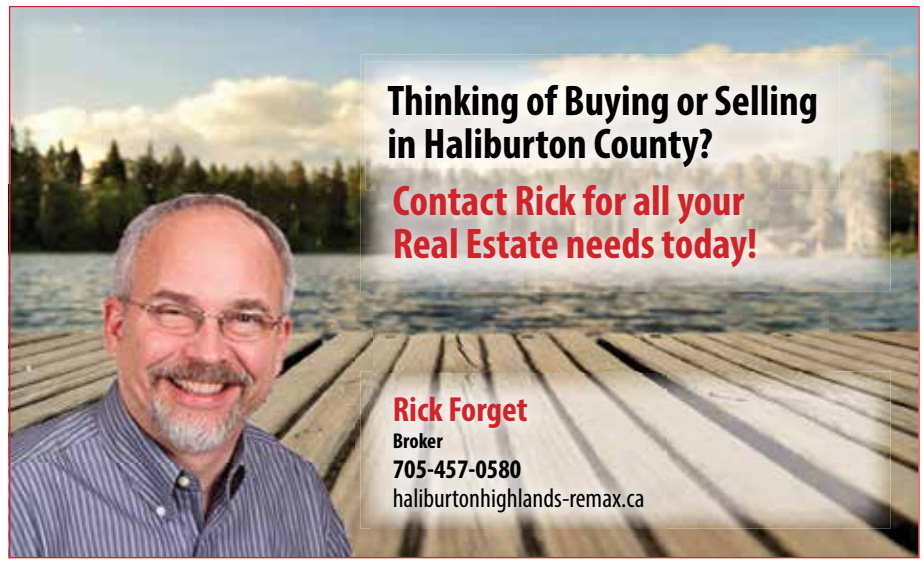

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Nature in your backyard

County Life welcomes photo submissions depicting life in the Highlands. Email emily@ haliburtonpress.com.
Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.

Winking fisher by Tammy Nash

Winter wildlife by Brenda Metler

Fox by Laura Smith

Woodpecker by Randy Barber

Nuthatch by Jill Moulton

Wings of an angel by Vivien Mausz

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Connection changes everything

Some of us have been the "new kid on the block," wanting to fit in but not knowing where or how.

Some of us have wanted to help out, but felt brushed aside or unsure where we were needed.

Some of us have felt like we're always on the outside looking in.

Some of us carry heavy burdens with no one to share them with, and no one to notice.

Many of us know that feeling. It has a name: loneliness.

Loneliness isn't just about being alone. Research describes it as the painful feeling that our need for meaningful connection, belonging, or support isn't being met. You can be surrounded by people and still feel lonely. You can be busy, helpful, and productive – and still feel unseen.

What research also tells us, very clearly, is that connection changes everything.

Decades of studies across psychology, neuroscience, and sociology show that meaningful relationships are the strongest predictor of life satisfaction – stronger than income, success, or achievement. The long-running Harvard Study of Adult Development put it simply: Good relationships keep us happier and healthier. Period.

Connection isn't a luxury. It's essential.

Most of us want the same things at heart.

We want our lives to matter.

We want to feel useful, valued, and part of something bigger than ourselves. We want someone to care.

We've learned that people feel the strongest sense of purpose when they're not just attending something, but contributing — helping, sharing skills, supporting others, or working toward a common goal.

At SIRCH, we see this every day.

We see it when someone volunteers for the first time, quietly offering to help — and weeks later is laughing alongside people who now expect them to be there. We see it when people gather around food, putting on hair nets, chopping vegetables, trading recipes and life stories, and the loneliness that walked in with them slowly fades away.

We see it when someone finally has space to talk about how hard it is to visit a spouse in long-term care. And we see it when someone lights up with pride as they pass on a skill they've carried for years.

This is what connection looks like.

But an honest question remains: what if you don't know where to start?

What if you're new to the community, working long hours, caregiving, studying here, or simply unsure where you might fit?

That may be where SIRCH can help.

We don't have opportunities for everyone — and this isn't about recruitment. But we do know our community, and we believe in problem-solving together.

So we're going to offer a series of monthly, open-door get-togethers. No presentations. No PowerPoints. Just coffee, conversation, and a chance to talk about where you might find connection and purpose.

Like Lunch Is On Us, you'll be able to simply walk in. Grab a coffee. Sit with someone you haven't met yet, or join a small group. Share your story — or just listen.

It's not a commitment. It's not a pitch.

It's just a place to start feeling connected.

Because loneliness isn't a personal failure. And connection doesn't happen by accident.

Sometimes, all it takes is a table, a cup of coffee, and an open door.

Submitted by Sirch

A taste of Scotland

The annual Robbie Burns Night was held at the Haliburton Legion at the end of January . With live music, dancing, poetry, and Scottish food and drinks, it was a busy night for the sold-out crowd, and offered a sense of warmth on the very cold evening. /ADAM FRISK staff

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Legion Branch 129 Haliburton

Mondays: Bridge 1 p.m. Schofield Rm. Youth darts 6:30 to 8 p.m. Clubroom 10 to 18 years of age. All are welcome, no experience necessary
Tuesdays: League darts 7 p.m.
Wednesdays: Bid Euchre 1 p.m. start – Main Hall. Bingo doors open at 6 p.m. Bingo 7 p.m. FirstWed of each month with jackpot. Follow Facebook.com/Branch129 Bingo for the most up-to-date information
Thursdays: General Meeting third Thursday of the month, 6:30 p.m. All members urged to attend.
Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Five meat draw, five prizes each draw, first draw 4:30 p.m., last draw 6:30 p.m. Tickets $2 per draw. Paul Sisson, MC. Friday fun darts from 4:30 p.m. and onwards. 50/50 Draw 5:40 p.m.
Call Cheryl Waller at 905-447-7741, email haliburtonlegionrentals@gmail.com or visit haliburtonlegion.com. Everyone is welcome! Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m.

Legion Branch 636 Minden

Lunch - Monday to Friday
Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m.
Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.
Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.
Every other Friday: Karaoke 8 to 11 p.m.
Friday Fish & Chips, Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m.
Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m.
Call ahead any day for take-out: 705-286-4541.
Schedules are subject to change without notice.
Check Facebook-Minden Legion Branch 636 for info.

Legion Branch 624 Wilberforce

Hours - Sunday: Special Events Only, Monday: 7 to 10 p.m., Tuesday: Special Events Only, Wednesday: 2 to 10 p.m., Thursday: 2 to 6 p.m., Friday: 2 to 11 p.m., Saturday: 2 to 7 p.m.
Sunday: Feb. 8 L.A Breakfast $10. 9 to 11 a.m.
Mondays: Feb. 2, 9, 16, 23 Darts $5/player 7 p.m.
Tuesdays: Feb. 3, 10, 17, 24 Veteran's and Seniors Exercise Club 1:30 p.m.
Wednesdays: Feb. 4, 11, 18, 25
Darts $5/player 2 p.m.
Quick Supper Menu changes weekly $10. 5 to 6:30 p.m.
Open Cribbage 6:30 p.m. – No need to pre-register
Thursdays: Feb. 12, 26 HHHS Social Rec 10 a.m.
Fridays: Feb. 6, 20 Fish and Chips 1pc/$15, 2pc/$20. 5 to 8 p.m.
13, 27 Wings and Jam Session $15/lb. 5 to 8 p.m.
13, 27 Community Care 55+ Lunch $20. noon
Saturdays: Jan. 31 Meat Draw 3 p.m.
Feb. 7, 14, 21, 28 Meat Draw 3 p.m.
Feb. 14 Ken McFarlane Memorial Family Day Lake Trout Ice Fishing Derby. Weigh in 3pm. Register at the Legion before closing on Feb 13
14 Valentine's Day Dance 8 p.m. to 1 a.m.
28 Nacho Average Trivia 7pm. $5/Player
Call the Legion for more info 705-448-222

Community Events

Send your event listing to classifieds@haliburtonpress.com

Genealogy for Seniors

When: Thursday, Feb. 5 from 11:30 a.m. to 12:30 p.m. at the Highland Grove Library or 2 p.m. at the Cardiff Library
Curious about where you come from? Join us for an inspiring introduction to family history research led by Adele Espina of the Haliburton Highlands Genealogy Group, with support provided by the Government of Ontario. This workshop will walk you through the steps of building your family tree – from locating historical records to organizing your research and uncovering stories from your past.

Free Screening of Speakers for the Dead

When: Thursday, Feb. 5 from 1to 3 p.m.
Where: Minden Hills Library
Presented in partnership with the Minden Hills Cultural Centre and the National Film Board of Canada. This documentary uncovers hidden Black history in rural Ontario, where descendants of early settlers work together to restore a forgotten cemetery and confront long-buried truths. No registration required.

Interactive Bilingual Storytime

When: Friday, Feb. 6 from 10:30 to 11 a.m.
Where: Dysart Library (Haliburton Village)
Presented in partnership with Canadian Parents for French! Families are invited to enjoy stories, songs, and rhymes shared in both English and French, perfect for children who are learning the language or simply want to explore something new.

Winter Games Opening Ceremony Watch Party

When: Friday, Feb. 6, Drop in between 1:30 and 5pm
Where: Minden Hills or Dysart (Haliburton Village) Library
Experience the excitement, music, and magic of the Games together. Cheer on Team Canada, enjoy the incredible performances, and kick off the Olympics with community spirit. Free, all ages welcome, and no registration required.

Old Time Winter Folk Dance

When: Saturday, Feb. 7, 7 to 10 p.m.
Where: Haliburton Legion
Dance Happens Here (DH3) presents an Old Time Winter Square Dance in partnership with Hike Haliburton, featuring square dance caller Hannah Shira Naiman, live bluegrass musicians from the Barrel Boys and a performance by the Haliburton Scottish Country Dancers. Join the fun with dances for all ages and abilities.

Horticultural Trivia Contest

When: February 7, 10:45 a.m. to 2 p.m.
Where: Minden Community Centre, 55 Parkside St. Minden
Please join the Minden & District Horticultural Society. Guest speakers Connie Walker and Carolyn Perks will hold a horticultural trivia contest. This is a free event, however please bring a dish to share and your own tableware, cup and cutlery.

Celebrate Black History Month

with a free community film screening of Akeelah and the Bee on
Saturday, Feb. 7 at both the Minden Hills and Dysart (Haliburton Village) libraries from 1-3pm. This uplifting drama follows Akeelah, an 11-year-old girl, who discovers a remarkable talent for spelling and sets her sights on the national spelling bee. Rated PG.

Dementia Widow: A Memoir about Love, Death,Survival

When: Monday, Feb. 9 from 7 to 9 p.m.
Where: Schofield Room, Haliburton Legion, 719 Mountain St, Haliburton
A discussion with Fay Martin, who spent 15 years as wife turned-caregiver for her husband as dementia reshaped their lives. The evening will begin with live music from the Porter Brothers – George and Steve. Hosted by the Baha'i community of Haliburton, with the overarching goal of "Making Our Communities Better Places" is open to all, with no admission charge and light refreshments provided

Medication Safety, Too Many Pills

When: Tuesday, Feb. 10, 12:30 to 3:30 p.m.
Where: Haliburton Legion
Dr. Barbara Clive, GAIN (Geriatric Assessment Intervention Network), Sabnam Vora, Pharmacist, Shoppers Drug Mart, Khushboo Patel, Registered Technician, Shoppers DM, Tina Gilbert, Registered Practical Nurse, In-Home Care. Lunch is provided. Donations appreciated. Please register by Feb. 4! We would appreciate your help to set up and tear down. Contact for details. To register use the Zeffy QR code or link on posters and fb or email agingtogetherhc@gmail.com. Call 705 879 9412

Tech Help Walk-in-Clinic

When: Wednesday, February 11 from 12:30-2:30pm
Where: Stanhope Library
Stuck on a tech problem? First come, first served. Each person gets a 30-minute session with library staff to tackle one specific technology challenge. One session per person per day.

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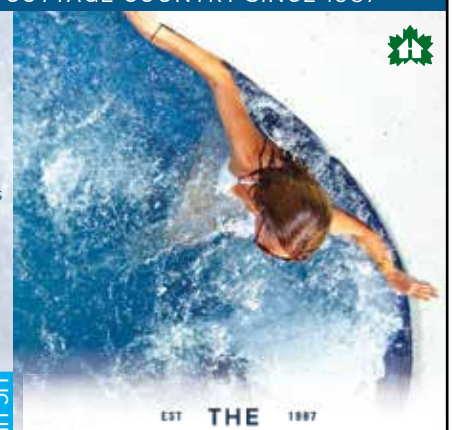

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Stanhope firefighters

Ice-water rescue training begins

by Andrew Milne

Stanhope Fire Department took another step towards the water last month.

The department sent its first two personnel to a 'train the trainer' course at the Ontario Fire College January 20-23, as the first of a series of steps towards preparing for full immersion and boat-based ice and water rescues.

The Stanhope department is the only department in the county so far to take the training for the actual immersion rescues (other departments do have staff with shore based training), and the road they've travelled to get this far has been a somewhat rocky one.

Ice and water rescues have been a political hot button in Stanhope Township in particular, and in Haliburton County in general, for some years now. Stanhope councillors have argued that the expense of providing the program is too high at a time when local governments are cutting other services, and that the dangers involved are a bit much to ask volunteers to face.

Stanhope chief Bob Pollard says, however, that he does not feel the dangers are excessive. He stresses also that the department will not ask anyone who does not want to go into the water to do so.

"Quite honestly, I think it's much safer than a house fire. You go to a house fire, you don't know what's going to happen. The ceiling might fall in, something might explode, someone might get trapped. You don't know. You can't see those things," the fire chief said.

"In ice and water rescues everything is quite visible, so I can see for myself, make that call as to whether it's a safe rescue. There aren't that many things that can happen to you. You're in a suit that's designed to keep you afloat. You're tied off. I see it as very safe. It's just a matter of having the training... Our department is 100 per cent for it. I've told our men, if anyone is reluctant, to let me know, because we don't want to be forcing it on people."

Pollard admits that one of the reasons the department is interested in do-

(more on page 3)

Despite the efforts of Dysart firefighters, a house on Soyers Lake Road was destroyed by fire Wednesday afternoon. According to Haliburton Fire Chief Miles Maughan, the building was unoccupied at the time of the blaze. Damage was estimated at $70,000. Cause of the fire has yet to be determined and no injuries were sustained in fighting the blaze.

Health board hopes to start building later this year

Ministry is eager to get going

by Andrew Milne

There was good news and bad news regarding local hospital construction last week.

The good news, as recounted by the health board executive committee, is that, with the assistance of MPP Chris Hodgson, the Ministry of Health has agreed to talk to them about how the project might be fastracked so ground can be broken at the end of next summer.

The bad news is that parts of the design-build concept they've pursued with Extendicare — a proposal whereby the health care giant would both design and construct the new facilities planned in Haliburton and Minden — probably aren't going to fly.

The committee met with the Minister of Health, the deputy minister of health, and with MPP Chris Hodgson on the project recently.

One major difficulty the ministry had was with the concept that Extendicare might recoup some of the local share of the capital funding (which they would loan to the board at the time of construction out of capital loans). The ministry will not permit, said board executive director Foster Loucks, any mixing of capital and operating dollars.

The other difficulty was with the lack of a public process — in tendering for building work.

Said a Ministry spokesperson Friday, "The project has to go through public tendering process. It has to be fair for all other interested parties... Anything like this has always gone through the public tendering process."

Said Loucks, "As I understand it, there is still some room for us to make an arrangement with Extendicare to help us with the design work. But if design/build means simply turning over to one company the whole piece, they're not going to allow that."

That being the case, says Loucks, the committee then asked what steps they would have to perform to get started by the end of next summer.

"We asked them if they could tell us, and within a few weeks... We took away the understanding that they would do that... Chris Hodgson pressed the deputy quite vigorously on that matter, and in the end she agreed that the ministry would do their part on this."

As of Friday Loucks wasn't sure what Extendicare's view of this would be, as the board still has not had discussions with the representatives of the company. He expressed however some optimism.

"I think their bread and butter is still in the operation side... We are going to have to talk to them though," he said.

Derby featured Thursday on VR

The Minden Sled Dog Derby will be featured this Thursday on the New VR (CKVR television, Channel 3).

The station sent a team of photographers and a reporter to the community during sled dog derby weekend and, according to a spokesman for the station, they have put together a fast-paced program that captures the excitement and drama of the sport. "Because we were able to get footage in the bush as well as downtown, view-

(more on page 23)

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